



## **Domestic abuse - sources of help**

Sources of domestic abuse help and support in Flintshire and North Wales

### **North Wales**

#### **North Wales RASA (Rape & Sexual Assault Service)**

Rape and sexual support centre provides services for males and females aged 14+ who have experienced any of the following:- domestic abuse including physical, emotional and sexual, rape and ritual abuse.

Tel: 01286 669266

PO Box 87, Caernarfon, Gwynedd, LL55 9AA

#### **North Wales Sexual Assault Referral Centre**

Open to police referrals for any child or adult victim or rape and/or sexual abuse.

Tel: 01492 805384

1 Bryn Eirias Close, Colwyn Bay

#### **Wales Domestic Abuse Helpline**

The helpline offers a 24-hour, bilingual, freephone helpline information and signposting service to women, men and children that are experiencing domestic abuse.

Tel: 0808 80 10 800

Web: [www.wdah.org.uk](http://www.wdah.org.uk) (new window)

#### **Dyn Project**

Provides free confidential support to men who experience domestic abuse in Wales.

Tel: 0808 801 0321

## **Chester**

### **Chester Sexual Violence Support Service (CSVSS)**

Chester Sexual Violence Support Service (CSVSS) offers telephone support, information and sign-posting, together with face to face counselling for women aged 18 and over who have experienced any form of rape, sexual abuse or sexual assault at any time in their lives.

Tel: 01244 317 922

Address: PO Box 280, Chester, CH1 1FB

Email: [chestersvss@yahoo.co.uk](mailto:chestersvss@yahoo.co.uk)

Website: [www.csvss.org.uk](http://www.csvss.org.uk) (new window)

## **Flintshire**

### **Choose2Change Domestic Violence Intervention Programme**

If you are worried about the future of your relationship – are you worried, scared or ashamed by the way you sometimes treat your partner? If you are ready to do something about it then Choose2Change.

Tel: 01492 532503

Email: [kelly@choose2change.org.uk](mailto:kelly@choose2change.org.uk)

### **Domestic Abuse One Stop Shop**

Domestic Abuse One Stop Shop bringing together the services most needed by victims/survivors of domestic abuse into a single location.

Tel: 01244 830436

Web: [www.domesticabusesafetyunit.net](http://www.domesticabusesafetyunit.net) (new window)

Chester Road, Shotton, Deeside

### **Positive Outlook Service**

Supports people whose experiences of domestic abuse have led to problems with tenancy. Assists victims/survivors to remain safety within their own homes.

Tel: 01244 845506

## **Choose2Change Young Persons Project**

Offers young people using or at risk of using abusive/violent behaviours the opportunity to explore what is meant by a 'healthy relationship' within a group setting – 10 week programme.

Tel: 01492 532503/07864 or 029031

Email: [kelly@choose2change.org.uk](mailto:kelly@choose2change.org.uk)

## **Victoria Roberts – Independent Domestic Advisor (IDVA)**

Buckley Town Council, Mold Rd, Buckley, CH7 2JB

Email: [idva.flintshire@btconnect.com](mailto:idva.flintshire@btconnect.com)

## **CAHA Women's Aid**

Refuge and outreach support for women and children escaping domestic abuse.

Tel: 01352 712150

## **Domestic Abuse Safety Unit**

Refuge and resettlement/outreach support, counselling, support and advice to women and men experiencing domestic abuse

Tel: 01244 830436

## **Young Peoples Counselling Service (YPCS)**

Text 80800 and start your message YPCS (free texts)

Tel. 01244 846742

Email: [ypcs@flintshire.gov.uk](mailto:ypcs@flintshire.gov.uk)

## **Hafan Cymru**

Provides housing and support services to women men and children – particularly those experiencing domestic abuse.

Tel: 01978 823077

Web: [www.hafan.cymru.co.uk](http://www.hafan.cymru.co.uk) (new window)

Hafan Cymru, Midland Bank Chambers, High Street, Ruabon, Wrexham, LL14 6AA

## **Flintshire HomeSafe**

Flintshire Homesafe is available to all victims of domestic abuse who are threatened with attack or personal harm (including harassment) or damage to their property.

Tel: 01352 701818